

Class Notification

YES! I would like to be notified of the next Strong Women Strength Training Class

Name

Address

City

Zip

Phone

Email Address

Class time preference
(Mornings/evenings/noon hour)

Please Submit To:
Health & Wellness Center
Cedar Mall
2900 S Main St
Rice Lake WI 54868

Please call 236-6367 if you have any questions!



LIFTING WOMEN TO BETTER HEALTH



STRONGWOMEN

Class Information

The Strong Women class meets twice weekly for one hour over an 8 to 12-week period.



Strong Women

Strength Training Program For Women



An evidence-based strength training program developed by the Hancock Center at the Friedman School of Nutrition Science and Policy at Tuft's University

What is the Strong Women Program?

The Strong Women Program is an exercise program originally developed for middle aged to older women. Anyone of any age can participate.

Each class includes progressive weight training, flexibility, balance activities and nutrition education.



Research shows that a program of strength training:

- Improves bone density
- Reduces falls
- Improves arthritis symptoms
- Increases flexibility
- Increases strength
- Increases metabolism

Mental Health Benefits

- Improves mood and attitude
- Decreases depression
- Allows you to sleep more soundly
- Increases your level of energy
- Socially, allows you to enjoy others company and build a new circle of friends

LIFTING WOMEN TO BETTER HEALTH



These exercises are safe and effective for women and men of all ages, including those who are not in perfect health.



People with health concerns such as arthritis, heart disease, osteoporosis, diabetes, obesity and back pain often benefit from an exercise program that includes lifting weights a few times each week.

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